

# CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

## 7<sup>th</sup> November 2018

### CONGRATULATIONS

**CONGRATULATIONS** to the 17 Senior Athletes who competed in 36 events at Treloar 3 at the weekend. Once again **Ryan Jones** took the honour of busiest athlete with four events, **Jonathan Reid**, **Georgia Duncan**, **Nick Bradshaw**, **Daisy Bryant**, **Francesca Sugiaman** and **Robert Clark** all managed three events.

**Congratulations** and welcome to **Claudia Wilson** and **Nick** on their first Cherrybrook Treloar appearances.

### GOOD LUCK

**Good luck** to our Masters Athletes competing at the Pan Pacific Masters Games on the Gold Coast this weekend.

### UPCOMING EVENTS

#### Treloar Shield Round 4 & NSW 3000m Championships - Saturday 10<sup>th</sup> November SOPAC

The fourth round of the **Treloar Shield** will be held on **Saturday 10<sup>th</sup> November** at Sydney Olympic Park. Able bodied events on offer are 60m, 200m, 800m, 200m/400m Hurdles, Triple Jump, High Jump, Hammer Throw and Javelin Throw. **Para-Athlete Events** are offered to both ambulant and wheelchair para-athletes in the 60m, 200m, 800m.

Online entries have closed. On-the-day entries will be available for \$20 cash (members) or \$30 cash (non-members) at Athlete Check-In. On the day entry must be completed one (1) hour prior to the athlete's first event. Further details can be found on:

<http://nswathletics.org.au/Events/Events/treloar-shield-4-sopac>

The **NSW 3,000m Championships** will follow the **Treloar** with the first race scheduled to start at 6:30pm.

#### Club Allcomers – Regions Saturday 17<sup>th</sup> November Newcastle West or Campbelltown

Two Club Allcomers – Regions Competitions will be held on Saturday 17<sup>th</sup> November 2018. Entries close 9am Wednesday 24<sup>th</sup> October, 2018.

Full details are available from <http://nswathletics.org.au/Events/Calendar/club-all-comers-regions>

The competitions will be held at:

#### **(1) North Region - Fearnley Dawes Athletics Centre - 25 National Park St, Newcastle West**

Events at the North Region will be 100m, 400m, 1500m, 5000m, High Jump, Triple Jump and Discus Throw.

Online entry is available from <https://cluballcomersiinorth.eventdesq.com/>

#### **(2) South Region - Campbelltown Athletics Centre - Rose Payten Dr/Pembroke Rd, Leumeah**

Events at the South Region will be 100m, 200m, 800m, 200m/400m Hurdles, Long Jump, Shot Put and Hammer Throw.

Online entry is available from <https://cluballcomersiisouth.eventdesq.com/>

## **TAKE THE CHERRYBROOK CHALLENGE**

The Cherrybrook Challenge consists of competing at the Club Championships or any Treloar Shield in four events or more. Those athletes that achieve this challenge will be rewarded at our Annual Presentation Night. The athlete that achieves the most number of Challenges this season will receive an extra special reward!

## **UNIFORM**

A reminder that the new uniform introduced last season is now compulsory for all competition. The Cherrybrook Uniform Shop is Open every Friday Evening from 5.30pm to approx. 7pm in the Club Room at Greenway Oval. Alternatively uniform can be purchased through the canteen on some Monday and Wednesday afternoons by appointment. Please contact Nicky Jenneke on 0448407716 for any Monday or Wednesday purchases.

## **CANTEEN ASSISTANCE REQUIRED – APPEAL TO ALL ATHLETES/PARENTS**

Our canteen is our major fundraiser. The money raised each season helps support our senior Club and provide Athlete Funding.

This season we do not have a canteen coordinator. Currently our Treasurer, Sandra Moore (who no longer has an athlete at the club) has kindly been acting as Canteen Purchasing Officer and Supervisor.

Whilst the club is committed to keep supporting our senior club (without heavy rego increases) and keeping Athlete Funding in place, we are asking a commitment from our seniors (18yrs plus) to please volunteer their time (or their parents time) once this season to either assist with Friday Night BBQ purchases or one Friday Night's operation in either the canteen or on the BBQ. Nicky Jenneke will organise the roster for this so please contact her on 0448407716 to be added to the roster.

Please lend us a hand, as many hands make light work and ensure that the BBQ/Canteen continues to function.

## **2018/2019 REGISTRATION PROCESS**

- Registrations opened 1<sup>st</sup> August.
- Athletes need to register online. Information on the process can be found on the Cherrybrook website.
- Competition numbers will no longer be issued by the Cherrybrook Registrar but instead will be generated by the ANSW computer system. ANSW will then issue individual numbers at the athlete's first competition upon check-in.
- **Athletes who have registered as members for the 2018/2019 season, who have not yet collected their bibs, should check to see if their number is listed under <http://nswathletics.org.au/LinkClick.aspx?fileticket= WMGK8iCEoU%3d&portalid=18> If not enter "0" as their competition number in the online entry for their first event.**
- RunNSW and Waratah Series athletes will not be issued numbers this season. They will be issued with one-off temporary bibs.
- As last season, Dual athletes are to nominate their senior club (**Cherrybrook**) when registering online for Little Athletics.
- Club Athletes (\$100 rego fee) are now able to compete at 2 ANSW events (previously it was 1) from the following 4 - Country Championships, NSW State Relays, NSW Masters Championships or Club Championships.
- Concession Members must now hold a govt concession card and not merely be aged over 60.
- Pic2Go has been replaced by Race Atlas. It is the same system just a different web address to access the pictures.

## **NSW SENIOR STATE RELAYS (24<sup>TH</sup>/25<sup>TH</sup> NOVEMBER)**

Cherrybrook nominations have now closed for the NSW Senior State Relays will take place on **Saturday 24<sup>th</sup>** and **Sunday 25<sup>th</sup> November** at **Sydney Olympic Park Athletics Centre (SOPAC)**. Team selections will be announced by **Friday 16<sup>th</sup> November**.

Our Seniors Athletics Championships Officer **Matt Joyce** will again be coordinating the Cherrybrook Team. Please contact him if you have any further questions.

More information about these championships can be found via the following link (including the draft timetable when this is released): <http://nswathletics.org.au/Events/Calendar/nsw-state-relay-championships-11>

### **COACHING OPPORTUNITY**

If any Cherrybrook Athletes over the age of 14 are interested in coaching for the club on Friday nights could you please contact Valme Kruger at [valme.kruger@det.nsw.ed.au](mailto:valme.kruger@det.nsw.ed.au)  
Interested Athletes under 17 must be prepared to obtain their community coach qualification which is a free online course. Athletes over 17 must have or be prepared to obtain their level one coaching certificate, which does have a cost and practical element. Coaching opportunities are available across all disciplines, both track and field and a small fee is paid by the club to those chosen to coach.

Athletes wishing to volunteer (unpaid) as a coach on Friday nights are not required to obtain any qualifications and should also contact Valme. Volunteering as a coach is a great opportunity for those doing a community service awards eg Duke of Edinburgh.

### **NSW 2018/19 SUMMER SEASON CALENDAR**

The calendar can be accessed from:

<http://nswathletics.org.au/Events/Calendar>

### **ATHLETICS AUSTRALIA 2018/19 SUMMER SEASON CALENDAR**

Athletics Australia has released the calendar for the 2018/19 summer season.

The calendar can be accessed from:

<http://athletics.com.au/Compete/Events>

### **FRIDAY NIGHT CLUB COMPETITION**

Cherrybrook Little Athletics Friday nights have now resumed. This Friday night Program One (please visit the Club's website for details) will be conducted at Greenway Oval. Events scheduled for our Senior Athletes include 200/300m Hurdles, 100m, 1500m, Shot Put, 60m and Triple Jump. Senior Athletes are asked to follow the U14+ Age Groups Program

Athletes wishing to compete in the 200m, Discus, Long Jump or High Jump are required to contact Nicky before Friday to arrange these events. Nicky 0448407716. Athletes competing on Friday Nights should wear their Club Uniform and where possible where there competition numbers.

### **CHERRYBROOK RECORDS**

If you think you have broken a Cherrybrook record during the season please provide details to Robert Clark at [robclark307@gmail.com](mailto:robclark307@gmail.com). Records at the start of the season are set out in the 2017-2018 Red Book and on the Club website under Centre Records.

### **RESULTS**

Only results from Cherrybrook Club competition and State permit meets eg Allcomers, Treloar Shield events and State/National events will be reported by the club. If you compete at other meets please send your results, along with proof of performance to Robert Clark at [robclark307@gmail.com](mailto:robclark307@gmail.com) .  
*Please notify Robert if your results are missing, incorrect or a PB performance has been missed.*

**Treloar 3 Campbelltown – 3<sup>rd</sup> November 2018**

<b>ATHLETE</b>	<b>AGE</b>	<b>EVENT</b>	<b>RESULT</b>	<b>DETAIL</b>
<b>Martin Bradshaw</b>	50	100m	14.37s	
		Discus	21.37m	
		Long Jump	4.09m	
<b>Jonathan Reid</b>	15	100m	12.81s	
		110m Hurdles	18.49s	PB
		Long Jump	6.06m	
<b>Georgia Duncan</b>	16	100m	13.91s	
		100m Hurdles	15.41s	
		Shot Put	12.39m	
<b>Nick Bradshaw</b>	12	100m	14.58s	PB
		80m Hurdles	14.47s	PB
		Long Jump	4.43m	PB
<b>Grace Pellarini</b>	12	1500m	5:11.63s	
<b>Ryan Jones</b>	17	100m	13.24s	
		Shot Put	7.36m	PB
		Discus 1.5kg	21.37m	
		Long Jump	5.34m	
<b>Daisy Bryant</b>	21	100m	13.44s	
		400m	62.50s	PB
		Long Jump	4.75m	PB
<b>Claudia Wilson</b>	12	1500m	5:59.57s	PB
<b>Donovan Bradshaw</b>	14	100m	11.60s	
		Long Jump	6.12m	
<b>Robert Clark</b>	57	Long Jump	3.60m	
		Discus 1.5kg	27.31m	
		Shot Put	8.10m	
<b>Francesca Sugiaman</b>	16	100m	13.73s	
		400m	69.02s	
		Long Jump	4.88m	
<b>Evan Clothier</b>	24	100m	11.32s	
		400m	49.17s	
<b>Emilia Duncan</b>	14	90m Hurdles	13.33s	
<b>Anna Kely</b>	14	Shot Put	11.11m	
<b>Nick Andrews</b>	21	100m	10.70s	
<b>Jacob McCorry</b>	21	100m	11.24s	
<b>Nick Thomson</b>	19	100m	11.35s	

PB = personal best, CB = Cherrybrook best.